

COMPTON BAR -BONES TWENTY ROUTE DESCRIPTION

Competitors are reminded to exercise extreme caution when crossing or emerging onto roads. Obey the Highway Code for pedestrians and run on the right in road sections, facing on-coming traffic.

These directions are intended for use by those competitors who like to reconnoitre the route prior to the event. (*Two small sections are not public right of way;-race alternatives are given as well as the actual route.*) The whole of the route is within the area of OS Landranger Map No 174. Grid references are given and can be used to confirm points for those wishing to produce their own route-map. On the day, the route will be clearly marked with tags of red and white tape, with direction arrows sprayed on the ground at junctions and turns. (*You may even catch sight of an indigenous marshal or two, if the weather is not too cold for them.*)

It should be possible to race the route without reference to these directions, but we suggest you take them with you for confirmation/use in emergency!

Route changes for 2006 are shown in RED

FROM START TO CP 1 (White Hart H'stead Norreys) - 4.4 Miles [opens 09:25, closes 10:35]

Alternative Pre-race Route:

From gate TURN LEFT onto road. Continue on road up hill. Just over brow TURN RIGHT into open gateway. Continue as at * below.

Actual Route on Race Day:

From playing field. Run 3/4 clockwise lap of lower and upper field to exit up bank into wood. Follow paths thru' wood. At farm drive go HALF RIGHT onto road verge. After 80yds

* TURN RIGHT across road into open gateway. TURN RIGHT (hedge to right) 50yds. TURN LEFT thru gate into wood. Follow path to single gate at wood edge. STRAIGHT ON downhill across field to gate. STRAIGHT ON across big field to gate and road. TURN LEFT.

Up hill for 150yds, TAKE TRACK ON RIGHT at bend.

Continue ahead until track drops steeply to track T-Junction, TURN LEFT (503785).

After 600yds TAKE PUBLIC BRIDLEWAY ON LEFT (503778). **Please keep to edge of field.**

Stay on this marked route for approximately 2 miles, passing Banterwick Farm and Rainsworth Cotts. to emerge on road at "Five Ways" (527768).

Carefully cross road, and grass in front of white house, then TURN RIGHT on road.

After 1/4mile TURN LEFT into Scottalls Lane. At end of lane, continue on footpath across field ahead.

When path climbs small bank onto track, TURN RIGHT (531765).

Pass ramshackle farm buildings on right to CP 1 at side of White Hart pub **Total: 4.4 Miles**

CP 1 TO CP 2 (Wood Farm) - 5.6 Miles

[opens 09:50, closes 12:

From White Hart go up hill for 30yds on pavement, TURN LEFT up footpath.

Keep to left-hand path between hedges to emerge at field.

Straight ahead along edge of field, keeping hedge on left. Path emerges onto track near bungalow (536765).

Maintain direction on track for 200yds to TURN HALF-RIGHT at Footpath sign into wood.

Follow path up through wood and straight ahead across field to maintain direction on tarmac track, which passes Haw Farm buildings on right.

Follow right of way signs to keep trees on right, until reaching road, TURN RIGHT.

Pass road junction. At Bridleway post (by Horse and Rider road sign) TURN LEFT (551769).

Stay on main track for 1200yds, passing pig and dairy farms, to metal gate.
Through gate onto concrete road, TURN LEFT (56076)
After 400yds at footpath sign TURN RIGHT through gate towards church.
Cross field and 2 gates into churchyard.
Follow path between graves to gate onto road, TURN LEFT.
At road junction TURN RIGHT.
Pass playing field on right and continue through Ashampstead village for 450yds to footpath sign on left as road bends right, TURN SHARP LEFT (570767).
After 70yds at path junction TURN RIGHT.
Follow path along bank through trees to drop down to road, TURN RIGHT.
After 200yds TURN LEFT up hill at junction (576767).
Road becomes track. Maintain direction on track, but when track swings right up hill - GO STRAIGHT ON guided by waymarks (yellow arrows) across open grass areas and into wood.
Follow clear path through trees to road, TURN LEFT (584776).
At junction KEEP RIGHT to continue ahead on road for 100yds.
When road bends left, maintain direction by taking footpath on right (584779).
Keep to edge of - bushes on right.
Path drops steeply into trees, with shooting ground on right.
Just before bottom of dip, TURN LEFT at signpost. (Easy to miss!!)
Follow footpath thru' bushes up steep hill to stile.
Over stile maintain direction straight ahead, aiming for middle chimney of distant house (field drops down then climbs back up to gateway on left and road), at road TURN RIGHT (585786).
Stay on road to pass Bennetts Wood Farm on right.
As road drops down hill and swings right, TAKE SIGNED BYWAY ON LEFT to CP 2 at Wood Farm (584794).

Total: 10 Miles

CP 2 TO CP 3 (Bower Farm) - 5.4 Miles

[opens 10: 15, closes 15:00]

Leave CP 2, TURN RIGHT along road for 300yds
At footpath sign by house with wooden fence, TURN LEFT (587796).
Follow path round house and over stile, STRAIGHT ON up steep hill to stile.
Over stile MAINTAIN DIRECTION with fence line on right.
KEEP AHEAD to kissing gate (590803).
Through kissing gate AHEAD for 60yds to cross paths, TURN LEFT **up 5 steps**
NOT GO DOWN HILL!!!
Follow main path through trees to path T-junction at wooden fence.
TURN LEFT up steep path and steps to tarmac path, TURN RIGHT.
At end of tarmac path carefully CROSS ROAD, and BEAR RIGHT into Car Park (583806).
Leave car park via gate to left, head along top of hill for 700yds.
At fence corner, TURN LEFT thru' gate near trigpoint (588811).
Ahead down hill (aim for white gabled house) to emerge thro' gate onto road, TURN LEFT.
Stay on road for 3/4mile, to footpath sign by house named "Wynders", TURN LEFT (576814).
Pass metal gate and stay on main marked path for 1¼miles (passing cottage on right, before steep uphill levelling before farm buildings).
**At farm buildi (567797) TURN RIGHT into field then LEFT keeping fence to left for 300yds.
At gap between house and bungalow TURN LEFT to track. (This avoids road section of previous years)**
TURN RIGHT along track for 400y s to footpath sign, TURN LEFT (561799).
Follow clear path across 2 fields, pass cricket field on left, and emerge onto road by phone box, TURN RIGHT, keep to right, pass The Bell, and join Ambury Road for 200yds

Alternative Pre-Race Route:

Continue ahead on road for a further 340yds, take footpath to RIGHT (553801) which leads into

Bower Farmyard. Continue at ** below.

Actual Route on Race Day:

At track on right by cottages, TURN RIGHT (554798), sign - "Bower Farm".

Continue up track for 600yds to CP 3 (Bower Farmyard).

Total: 15.4 Miles

CP 3 TO CP 4 (The Swan) - 3.9 Miles

[opens 10:45, closes 16:30]

** Leave CP 3 via 2 metal gates on left to signed Byway.

Ahead along top of field, keeping bushes and fence to left, for 400yds, through gate to track, TURN RIGHT (552805).

After 1/2mile, at track T-junction with Ridgeway, TURN LEFT along Ridgeway. **Ridgeway drops downhill to X tracks. Stay on Ridgeway through this junction and for further 700yds.**

TURN LEFT off Ridgeway at first track (534819).

Track leads into bushes after 2/3mile, and is joined after a further 300yds by tracks from left.

MAINTAIN DIRECTION on chalk track for 60yds, to TAKE SIGNED FOOTPATH TO RIGHT, 533805 (between wooden posts).

Stay on this path until it drops steeply down to old railway bridge (524803), TURN LEFT under bridge, TURN LEFT along road.

Follow road to T-Junction, TURN LEFT, follow road to CP 4 at The Compton Swan Hotel on right. *(If racing ignore CP and KEEP LEFT.)*

Total: 19.3 Miles

CP4 TO FINISH (Downs School, Compton) - 0.6 Miles

[closes 20:00]

TURN LEFT along road for 80yds to cross at metal railings and continue on short footpath to brid

TURN RIGHT into recreation ground. TURN LEFT keep hedge and swings etc. to your left.

At corner TURN RIGHT up side of playing field to leave via footpath in corner to road.

Cross road HALF LEFT up steps onto path leading to school field.

STRAIGHT across field to TURN RIGHT before buildings on concrete strip to FINISH

Total: 19.9 Miles

